Alsager Health and Wellbeing Event

Alsager Community Choir Performing

Over 35 different stalls and activities for ALL ages!

Saturday 26th September

10.00 – 12.30pm

Alsager Civic Centre

Café open

Blood Pressure Checks

Demonstrations and Talks:

- Tai Chi Balls
- Pilates
- Journalling Workshop
- Menopause Talk

Organisations Attending

- Alsager Dementia Friendly
- Alsager Community Support
- Alsager Stroke Survivors
- Blooming Good Care
- Public Health Team
- Cedars Medical Centre
- Merepark Medical Centre
- Change Grow Live
- Plus Dane Housing
- Alsager Carers Group
- Healthier Futures Programme
- Visyon
- AbilityNet
- Ruby's Fund
- CEC Family Hub Team
- Tai Chi Balls – Amber Ho
- Alsager Library
- Age UK Cheshire
- Alsager Royal British Legion
- Deaf & Sensory Network
- Slimming World
- Health Watch
- The Fit Nest
- U3A
- Papyrus
- Life Between the Trails
- Writing with purpose
- IPS Employment Support
- Alsager Arts Association
- One You
- Alsager Community Choir
- Pilates First – Ceri Hewitt
- FIT Therapy
- Alsager Owls Chess Academy
- Crime Prevention Officer
- Cheshire East Young Carers Team
- Fledgling Education
- Wishing Well
- Ableworld
- Cheshire Police
- Neal's Yard Remedies
- Dementia Reablement
- Conquest Art

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